

Make 'n Take



Name of Make 'n Take : Circle of Life and the Sacred Number Four

Theme and Topic: Traditional Teachings: Mother Earth

Name of Teacher: Sheri McArthur-Cappo

Name of School: White Bear Education Centre- Whitebear First Nation

Grade: 1

Date: March 1, 2010

Materials:

Paper Plates	Sticks
Markers	Glue
Paint(black, yellow, white, red)	Pictures of Elements (fire, stars, moon)
Paint Brush	

Procedure: This will be the same for all Gifts given to First Nations People.

1. Have paper plates – glue and divide plate into 4 sections using wooden sticks (may use glue gun). Color the Sacred Circle with the 4 colored paints – Use the Saulteaux colours - Red, Black, Yellow, and White or use the Cree colours yellow, red, blue and white.
2. Let the paint dry and label plate on outside (rim) of plate to add gifts on each.
3. Discuss with students some of the things that happen in fours. Give these examples:
 - Four Elements of Universe: Fire, Water, Air, Earth

- Four Directions: East, South, West, North
 - North Four Seasons: Spring, Summer, Fall, Winter
 - Four Entities for Above Earth: Sun, Moon, Sky, Stars
 - Four Entities that Breathe: Insects, Water/Sky, Two-Four Legged land life, Humanity
 - Four Stages of Human Life: Child, Adolescent, Adult, Elder
4. Every day you can introduce a new gift and have students make a paper plate design.
- *Students can also illustrate each section with pictures instead of writing.
5. It would take seven lessons to teach all of the gifts that teach the sacred number four and the circle of life and what it means to First Nations people.
6. All paper plates can be displayed to see all the gifts and the significance of the Circle and the Number Four.

***Teacher would need pictures and background information as they introduce and show a gift or element to grade one students.